

The Ascension Historical Society

Presents

The 16th Annual GREEK INDEPENDENCE DAY RUN/WALK

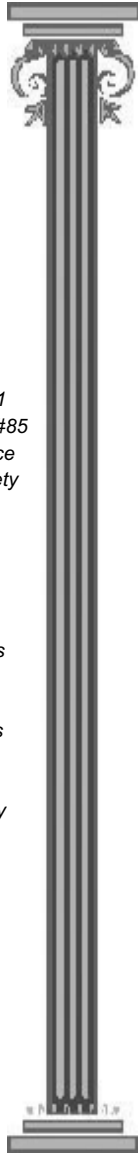
10K / 5K Run ≈ 5K Walk

DONORS

Athens Bakery
Cardino's Produce
Coca-Cola North America
Dreyer's Whole Fruit Bars
EH Productions
Farmer Brothers Coffee
Giant Chef
Hellenic Journal
US Foods/Nelson Lum

SPONSORS

Order of AHEPA Chapter #171
Pan-Arcadian Skopi Chapter #85
Jerry Katopodis/Argo Insurance
Ascension Philoptochos Society
Roumeli Society
Giant Chef
Hellenic Journal
Emily and Dino Anast
Yvonne Anast
Eleni and Nick Apostolopoulos
Despina and John Bogdanos
Zetta and Steve Chrissanthos
Jeanie and Dan Christopoulos
Cleo Cominos
Theo and John Cumbelich
Europa Hofbrau/Boukiss Family
Paula and Dean Gassoumis
Pat and John Georgiou
Mary and Nick Haney
Evelyn and Demos Karas
Irene and Nick Kikes
Stephanie and Larry Krames
Kathy and John Lecas
Dorothy Milton
Mary and Andy Mousalimas
Elaine and Gust Platias
Kathy and Nick Stamatakis
Argie and Jim Vlamis



DATE & TIME

Saturday, March 20, 2010 ~ 5K 8:30 AM / 10K 8:40 AM

LOCATION

Race starts, rain or shine, at the New Boat House at Lake Merritt
568 Bellevue Avenue, Oakland 94610 (map at <http://run.pahh.com>)

COURSE DESCRIPTION

Scenic, flat course around beautiful Lake Merritt
Foot paths & sidewalks (half dirt, half asphalt/concrete)

AWARDS

Crowning wreaths to overall 1st place male & female finishers
Medals – three deep for males and females in each age division

AGE DIVISIONS

11 & under	15-19	30-39	50-59	70-79
12-14	20-29	40-49	60-69	80 & over

REGISTRATION

Applications post-marked before **March 12th** are guaranteed a t-shirt
Race-day registration and race packets available from 7:30 AM
Registration closes 10 minutes before race begins

\$25 - General (\$30 Race-day) \$15 - 12 to 19 \$5 - 11 & under

TAX-EXEMPT DONATION

Post-race activities include refreshments, Greek food, and a raffle

ONLINE REGISTRATION: <http://run.pahh.com>

CONTACT: dpzr@aol.com or 925-788-3018

Run and Walk for Freedom

GREEK INDEPENDENCE DAY RUN/WALK

CIRCLE & COMPLETE
SEX: F M AGE: _____

EVENT: 5K Walk 5K Run 10K Run

T-SHIRT: Adult S M L XL
Children's S M L XL

Saturday, March 20, 2010

ONE FORM PER RUNNER

Registration \$ 25 (\$30 race day)
Youth Reg \$ 15 or 5
Add'l Donation \$ _____
Total Check \$ _____

Make checks payable & send to:
Ascension Historical Society
4700 Lincoln Avenue, Oakland CA 94602

Last Name _____ First Name _____

Address _____

E-mail _____ Phone (____) _____

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby, for myself and my heirs, executors and administrators, waive and release any and all rights and claims or damages I may accrue against the persons and organizations affiliated with the race for any and all injuries that may be suffered by me, be they during or en route to or from the event or as a result of the event. I attest that I am physically fit and sufficiently trained for this competition.

I hereby authorize the Ascension Historical Society to make a copy or digital image from my photograph for use on any website or in print form. I understand that once my photograph is taken by the Ascension Historical Society, the image becomes a public record and its use is governed by the legal requirements that are applicable to public records. I understand that I waive all title and rights so far as I possess them to the image and to any future images produced from it. I understand that my participation is voluntary and I will not seek compensation for the Society's use of my image.

If any provision of this Liability Waiver shall be deemed unlawful, void, or for any reason unenforceable, then that provision shall be severable from this Liability Waiver and shall not affect the validity and enforceability of any remaining provisions.

Date _____ DL

Signature (Parent/Guardian if under 18 years of age)